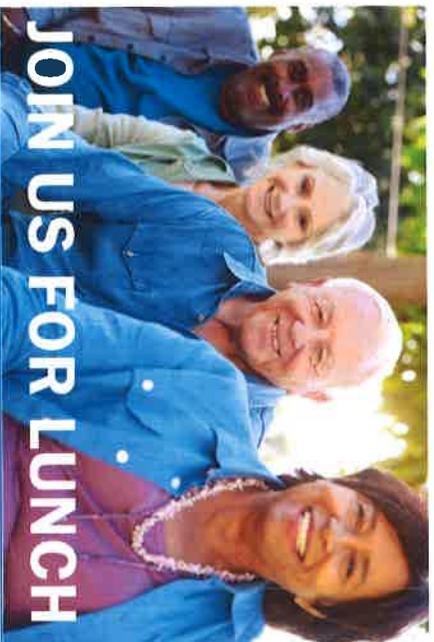


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Spinach lentil soup. HOT: Stuffed shells (V) served with Tuscan blend vegetables. COLD: Roast beef and Swiss cheese sandwich served with root vegetables salad and cole slaw. Mixed fruit for dessert.</p>	<p>2 Chicken vegetable soup. HOT: Turkey Divan served with peas and mushrooms. COLD: Tuna salad sandwich served with potato salad and Riviera salad. Chef's choice for dessert.</p>	<p>3 Mushroom barley soup. HOT: Chicken meatballs with ziti served with spinach. COLD: Chef salad with turkey served with macaroni salad and lite Italian dressing. Fresh fruit for dessert.</p>	<p>4 Escarole and bean soup. HOT: Chicken Picatta served with creamy Parmesan polenta and kale. COLD: Egg salad sandwich served with spinach and mandarin orange salad and a pesto pasta salad. Vanilla pudding with whipped topping for dessert.</p>	<p>5 Broccoli cheese soup. HOT: Potato fish filet served with lemon sauce, brown herbed rice and ratatouille. COLD: Chicken salad sandwich served with a tossed garden salad and a mixed bean salad. Cinnamon applesauce for dessert.</p>
<p>8 Oriental vegetable soup. HOT: Beef lo mein served with oriental vegetable blend and fortune cookie. COLD: Turkey and Provolone cheese sandwich served with zucchini salad, pasta vegetable salad. Mandarin oranges for dessert.</p>	<p>9 Vegetable soup. HOT: Creole chicken served with rice, and beans, and collard greens. COLD: Roast beef and Swiss cheese sandwich served with cole slaw and summer potato salad. Butterscotch pudding with whipped topping for dessert.</p>	<p>10 Seafood chowder. HOT: Salmon with dill sauce served with baked potato, carrots and peas. COLD: Egg salad sandwich served with orzo vegetable salad, and a spinach and mandarin orange salad. Tropical mixed fruit for dessert.</p>	<p>11 Split pea soup. HOT: Ham** with raisin pineapple sauce served with creamy potatoes and Roman blend vegetables. COLD: Curry chicken salad served with a root vegetable salad and English pea salad. Raspberry filled cookie for dessert.</p>	<p>12 Italian garden vegetable soup. HOT: Cheese lasagna served with fiesta blend vegetables. COLD: Vegetarian chef salad served with potato salad. Apple raisin compote with whipped topping for dessert.</p>
<p>15 In observance of Presidents' Day, no lunch will be served today.</p>	<p>16 Beef vegetable soup. HOT: Chicken paprika served with buttered noodles and spinach with chickpeas. COLD: Egg salad sandwich served with corn salad and cole slaw. Fresh fruit for dessert.</p>	<p>17 Italian garden vegetable soup. HOT: Fish with lemon pepper sauce served with peas and mushrooms and whipped sweet potatoes. COLD: Turkey chef salad served with tri-color pasta salad. Fruit loaf for dessert.</p>	<p>18 HOT: Hot dog** served with baked beans and broccoli slaw. COLD: Roast beef and Swiss cheese sandwich served with potato salad and a tossed garden salad with lite Italian dressing. Pineapples for dessert.</p>	<p>19 Spinach and mixed bean soup. HOT: Tortellini with marinara sauce served with broccoli florets. COLD: Seafood salad sandwich served with orzo vegetable salad and carrot pineapple salad. Pears for dessert.</p>
<p>22 Split pea soup. HOT: Chicken marsala served with mashed potatoes and Tuscan blend vegetables. COLD: Roast beef and Swiss cheese sandwich served with pesto pasta salad and Riviera salad. Tapioca pudding with whipped topping for dessert.</p>	<p>23 Clam chowder. HOT: Fish sticks with dill sauce served with tartar sauce, home fries and peas. COLD: Chicken pesto Caesar salad with dressing served with tri-color pasta salad. Mandarin oranges for dessert.</p>	<p>24 Corn chowder. HOT: American chop suey served with broccoli florets. COLD: Turkey and Swiss cheese sandwich served with macaroni salad and cole slaw. Fresh fruit for dessert.</p>	<p>25 HOT: Beef stew served with chuckwagon corn and tossed salad with lite Italian dressing. COLD: Egg salad sandwich served with southwestern bean salad and a tossed garden salad. Birthday cake for dessert.</p>	<p>26 HOT: Spinach and red pepper frittata served with red bliss potatoes and green beans. COLD: Seafood salad sandwich served with English pea salad and Roman blend salad. Pears for dessert.</p>
<p>29 Cream of butternut squash soup. HOT: Honey mustard chicken served with mashed potatoes and fiesta blend vegetables. COLD: Egg salad sandwich served with potato salad and Riviera salad. Pineapple for dessert.</p>	<p>TAKE YOUR PICK: EACH DAY, YOU MAY SELECT FROM A HOT OR COLD LUNCH</p>			
<p>** Indicates a high-sodium meal. (V) Indicates a vegetarian item.</p> <p>Please see your meal site coordinator for sodium and calorie details.</p> <p>NOTE: We prefer that you make a reservation for lunch by talking to the meal site coordinator at least one day in advance, or you may call 781-324-7705 ext. 300.</p>				



ABOUT YOUR MEAL

Every meal provides 700-800 calories and 1/3 of the **Dietary Reference Intake** of significant vitamins and minerals.

Your meal has no salt added and less than 1,200 mg of sodium per meal. The exceptions are meals marked with a double asterisk that are high sodium and have over 1,200 milligrams of sodium.

Most meals come with bread or a roll and margarine. Both the hot and cold meals include a dessert and 8oz of 1% milk, and some days also include a nutritious soup.

Meals include more ingredients than those listed on the menu. If you have any **allergies or food intolerances**, please inform the meal site coordinator.

FEED YOUR BRAIN

The foods you choose will affect your memory & cognitive function

The MIND diet was developed by Martha Clare Morris, Ph.D., as a dietary approach to combating Alzheimer's disease. The MIND diet has been associated with a slower rate of cognitive decline: folks who follow the MIND diet have been shown to be 53% less likely to develop Alzheimer's disease than those who do not. Even modest dietary improvements based on the MIND pattern could be beneficial — it's not necessary to entirely overhaul your eating plans and habits. The MIND pattern emphasizes natural plant-based foods and limited intakes of animal and high saturated-fat foods, while taking advantage of the cognitive benefits of berries and green leafy vegetables.

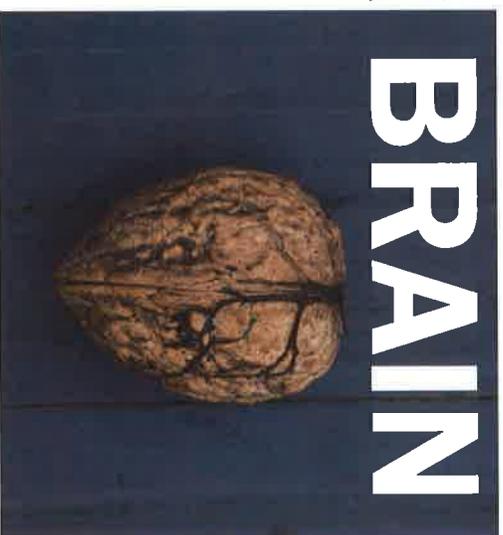
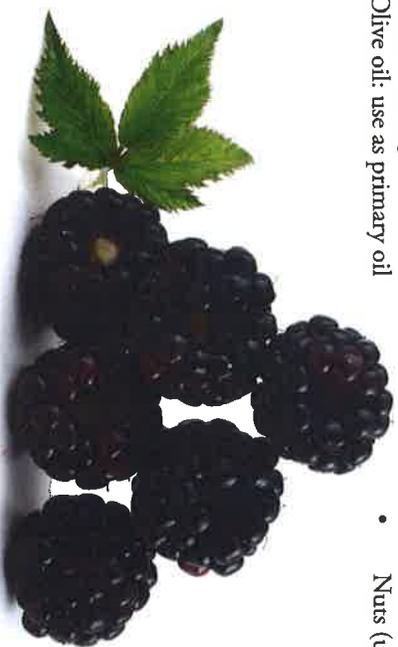
Basic components of the MIND diet

Every **DAY** include —

- Whole grains: at least 3 servings
- Green leafy vegetables: at least 1 serving
- Other veggies: at least 1 serving
- Wine: 1 serving
- Olive oil: use as primary oil

And each **WEEK** include —

- Berries: at least 2 servings
- Fish: at least 1 serving
- Poultry: at least 2 servings
- Beans: at least 3 servings
- Nuts (unsalted): at least 5 servings



And **REDUCE** your consumption of other foods —

- Red meats: fewer than 4 servings/week
- Fast/fried food: less than 1 serving/week
- Butter/margarine: less than 1 Tbsp/day
- Cheese: less than 1 serving/week
- Pastries/sweets: less than 5 servings/week